We claim:

1. A step support method for use in the manufacturing of straight or curved stairs, comprising:

a contiguous sheet of metal;

a plurality of cutouts proportionate to the rise and run of a desired step;

a plurality of flanges to which a plurality of treads and risers may be attached to form said desired step;

a flange or surface wherein the said step support can be mounted or attached to a structure.

2. The step support of claim 1 wherein an adjoining surface of sheet metal is load bearing.

3. The step support of claim 1 wherein a flange formed on the bottom edge of the stringer provides extra strength.

4. The step support of claim 1 wherein a flange formed on the bottom edge of the stringer creates a surface to attach finished or structural materials or walls.

5. A step support method wherein the tread support flanges have slits by which means the stringer can flex.

6. The step support of claim 5 with material laminated on at least one side of stringer.

7. The step support of claim 5 with material laminated on at least one side of stringer providing a surface whereby finished or structural materials can be attached to the underside of stairs.